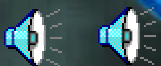




*Team and Individual
Performance
'In the Zone'*

Eddie Donald

Prepared for NASA, Goddard Space Flight Center





Portal Georgia Satellite Team





Inspirational Team Member



A white Space Shuttle Columbia is shown on the left side of the image, ascending vertically. It has a large orange flame and white smoke trail. The word "USA" is visible on the side of the orbiter.

VISION

MISSIONS

GOALS



*"Quilting Our Values
Into the
New Millennium"*



"Quilting Our Values Into the New Millennium"

AGILITY

**Anticipate, Lead
Change, Adapt**



*"Quilting Our Values
Into the New Millennium"*

BALANCE

**Vitality; Healthy Life:
Work, Family,
Community**



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CREATIVITY

**Freedom, Discovery,
Innovation, New Ideas**



*"Quilting Our Values
Into the New Millennium"*

DEDICATION

**Commitment,
Excellence,
Individual, Team**



*"Quilting Our Values
Into the New Millennium"*

INTEGRITY

**Fairness, Honesty,
Accountability, Trust**



*"Quilting Our Values
Into the New Millennium"*

RESPECT

**Diversity of People,
Ideas, Strength,
Goddard's Mission**



*"Quilting Our Values
Into the New Millennium"*

TEAMWORK

**Team Performance
Synchronized Efforts**



"Quilting Our Values Into the New Millennium"

AGILITY

Anticipate, Lead Change, Adapt

BALANCE

Vitality; Healthy Life: Work, Family, Community

CREATIVITY

Freedom, Discovery, Innovation, New Ideas

DEDICATION

Commitment, Excellence, Individual, Team

INTEGRITY

Fairness, Honesty, Accountability, Trust

RESPECT

Diversity of People, Ideas, Strength, Goddard's Mission

TEAMWORK

Internal, External, Strengths, Contributions





ROMANCING THE ZONE

Living, Working, Loving and Playing At
Your Highest Level

EDDIE DONALD



WHO
WHAT
WHY
HOW
WHEN



Living, Working, Loving,
and Playing
At Your Highest Level



The Magic Formula



Light in the Mind



Love in the Heart



Fire in the Belly





Wings on the Feet

The Magic Formula

 **Light in the Mind**

 **Love in the Heart**

 **Fire in the Belly**

 **Wings on the Feet**



The Inner Astronaut's Vocabulary



 **Potential**

 **Prego**


 **Talent**

 **Skill**

 **Skilents**

 **Skalents**

 **Opportunity**

 **Serendipity**

 **Onewithness**

 **Apocatastasis**

 **Sensorize**



PREGO



POTENTIAL





SENSORIZE

APOCATASTASIS



The Value of Teaming



Teaming In the 21st Century American Style

- 
-  **Kinds of Teams**
 -  **Task Teams**
 -  **Project Teams**
 -  **Work Groups**
 -  **Standing Teams**
 -  **Virtual Teams**
 -  **Sports Teams**
 -  **Family Teams**
 -  **Community Teams**
 -  **Different Dynamics**



Teaming In the 21st Century American Style

 **How to Team**
 **Team Dynamics**



A space shuttle is shown on the left side of the image, ascending vertically. It has a white body with orange and black stripes, and a large orange flame coming out of the bottom. The word "USA" is visible on the side of the shuttle.

The S.A.T Team

for
Extraordinary Personal Success





*Team and Individual
Performance
'In the Zone'*

Eddie Donald

Prepared for NASA, Goddard Space Flight Center

